

II. Lab procedures

Sessions

A./MADL: (9-22-84) Those who are called here should give greater blocks of time. There is accumulative ease of transmittance.

LLR: (10-3-84) There is the idea for a more intense series: take someone and work with them repeatedly over a short period of time. Also, for interrupting a sleep cycle.

MADL: (10-5-84) Have you thought of running the explorers in tandem? Ones that were vibrationally attuned; it would be possible to get simultaneous visitations, corroborative _____.

B. Lights

LLR: (9-26-84) Gregor suggests the use of different colored lights to create states - amber specifically mentioned. Light literally attached to the head over the right eyebrow to stimulate a receptor, a stimulator of the explorers.

LLR: (10-3-84) Since light itself is a vibration and different colored lights vibrate at different levels, then different colored lights will produce, if used externally, sympathetic states in the brain. The sensor point above the right eyebrow and slightly toward the center, the nose, is particularly light sensitive. An external light, not generated by electrodes.

JRJ: (10-10-84) Tuning in by light frequencies is better than sound for some people. Light can be individually synchronized like sound into either eye. A combination of sound and light is best. (Colors?) Use opposites on the color wheel; e.g., red and green, yellow and its opposite, blue and its opposite. The primary color and its "shadow." Use one color in each eye.

C. Sound
TVP: (10-5-84) *

LLR: (9-26-84) A single clear bell tone would stimulate higher consciousness - to be played over hemi-sync signal. (Frequency of tone?) Six cycles per second.

LLR: (10-3-84) There is a range of frequencies above 400 Hz that stimulates the higher mind. Forty percent of people will fall into a medium range and then there are others who will use higher or lower frequencies. Differential - medium range - between 200 and I didn't get the other number. Either between 200 and 400 or 200 and 600. The Hz differential - two numbers come to me, 1.7 and 4.3.

JRJ: (10-10-84) The hemi-sync signals should resonate with the DNA of the individual. Match the signal to the double helix of the individual; this will lead to a gateway. The body tunes like a tuning fork. The null point hypothesis is a good step. (How do we match the signal to the double helix?) Sound waves blend displayed on oscilloscope to show double helix. Electromicroscope of DNA. Our vibrational pattern written there. (How translate into sound patterns?) Complicated answer. Can't be done with present equipment. Check heart rate and breath; where they synchronize, the breath stops momentarily and the heart is elongated. That would give feedback re which sounds come close to individuals vibration.

D. Vibrations

LLR: (9-26-84) Coordinate the vibration with the hemi-sync signal. Create a physical vibration felt throughout the whole system.

LLR: (10-3-84) Bed vibrator should be attuned to a delta frequency. A thick rod or a cylinder. It's turning counterclockwise and it seems to sit on a kind of curved stand or something. It's not curved at the same angle as the cylinder and the thing it sits on has slots in it. Inside each one of these slots, and they're all side by side, running horizontally through the length of this thing that the cylinder's turning on. Inside the slots, it's got some kind of mechanism that's depressed by the cylinder as it turns, but it's not. It's more jagged on cog-like inside so that when the cylinder turns it's not depressed uniformly, although the cylinder moves continually. (Where placed?) It seems to work on the same principle as a thresher. (Is its intent to create physical vibrations?) Seems that it will create vibrations but it could also be adapted as a simple motor. (Purpose in the lab?) Part of the booth but I don't know what it does, where it sits except somehow underneath and toward the head.

TVP: (10-5-84) Vibratory equipment is only useful in leaving the body. That is not what lab is for. Only use the body for communication.

E. Other suggestions

HBW: (10-9-84) Put explorers into categories, the levels they get to, whether active or passive. Give them research questions and let them work on these. Don't allow them freedom. You need about 5 runs to determine how far they can go and five more test runs to search out questions in your categories.

Best time for most sessions in between 6 and 9 pm. Certain cosmic influences then have subtle impact on human brain not easy to pick up on instruments.

The information they get needs to be transformed into words after the session. Don't press explorer during the session. Or bring them down to 10 or 12 to report. This is for active explorers and not those who work passively.

Use chamber where walls are covered with copper but not ceiling. You will find, especially at the later hours, the cosmic energies are helping but not disturbed by the copper shield.

Work with chamber temperature lower than body temperature. Try to get explorer down by 1 or 2 degrees by controlled temperature of booth and water bed.

Conduct the test runs on people in the ready room and do not let into the chamber those whom you know would not become good explorers and are just using the chamber for private reasons. The chamber should be reserved for those who come here for scientific purposes. This is because we are dealing with a very delicate energy that is easily distorted by people who concentrate on energy levels at a lower

rate. People who come to this chamber to seek energy should find it to their left and above.

Allow some explorers much more time, even from 6 to 9, and that means you should have more staff in the control room. Do not interrupt sessions, leave the explorer in the chamber for longer times - again depending on the category of the explorer.

TVP: (10-5-84) The blood sugar level drops during sessions. When explorer ends sessions, give her fructose in some form.

2. Lights

- * TVP: (10-5-84) Use as few artificial means to get to altered states as possible. Lights could lead to a state the explorer is not ready for.